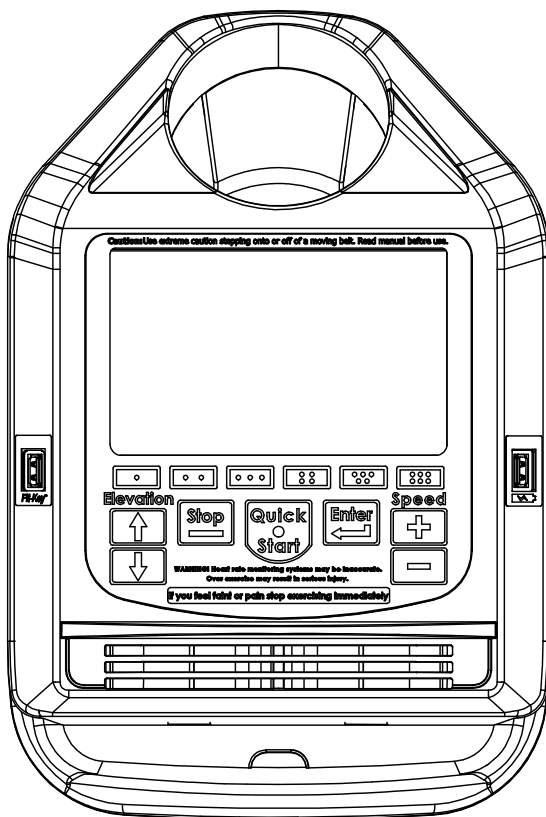




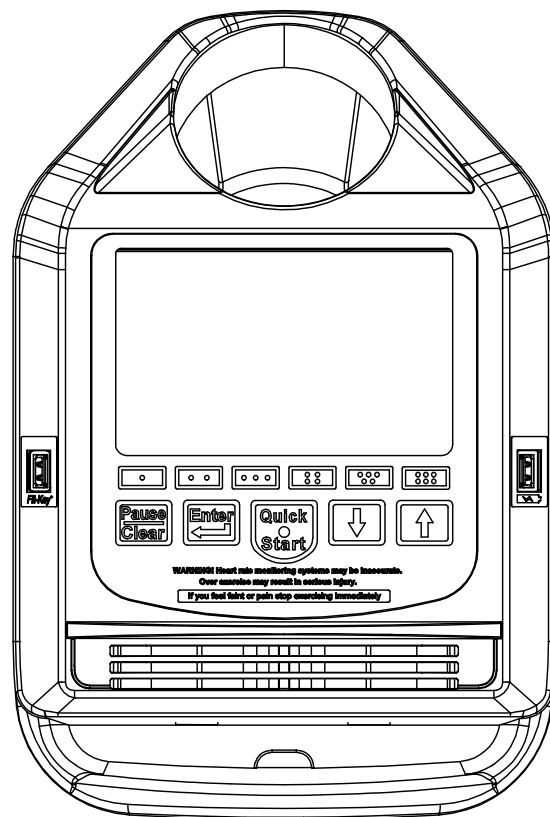
Prescribed for Progress™

Intelli-fit™

Touchscreen Console Operations Manual



TREADMILL



ROTARY/STEPPER



 Before using this product, read this manual and follow all safety rules and operating instructions. 

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PRO UPPER BODY & TOTAL BODY EXERCISERS

ISO RECUMBENT & UPRIGHT BIKES

TC1000 CLIMBER

SXT ELLIPTICALS

REX RECUMBENT ELLIPTICALS

STEPONE RECUMBENT STEPPERS

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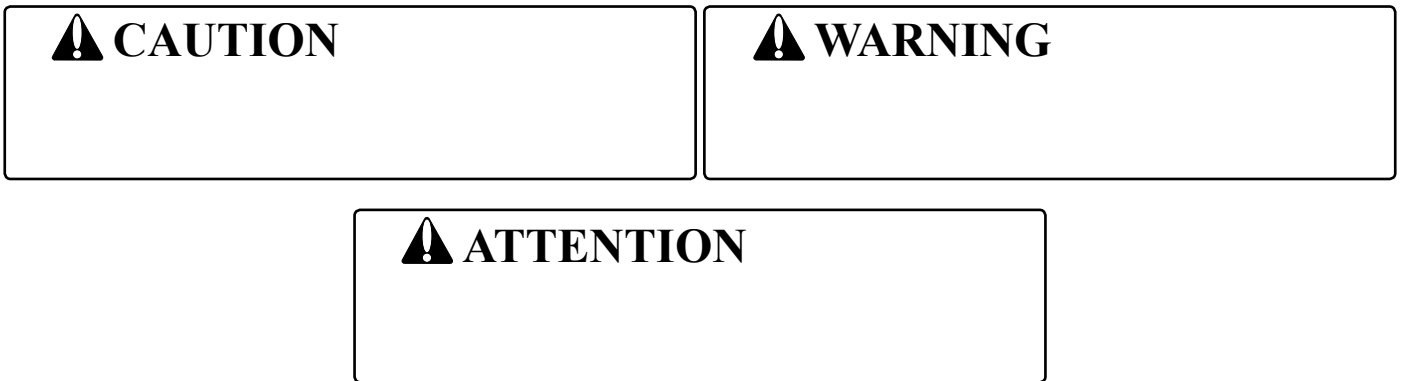
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SAFETY INFORMATION

The purpose of safety symbols is to attract your attention to possible dangers. The safety or attention symbols and their explanations deserve your careful attention and understanding. The warnings do not by themselves eliminate any danger. The instructions or warnings they give are not substitutes for proper accident prevention measures.

Look for these symbols to point out safety precautions or important information.



Read all instructions before operating your SCIFIT touchscreen console. Save these instructions for future reference.

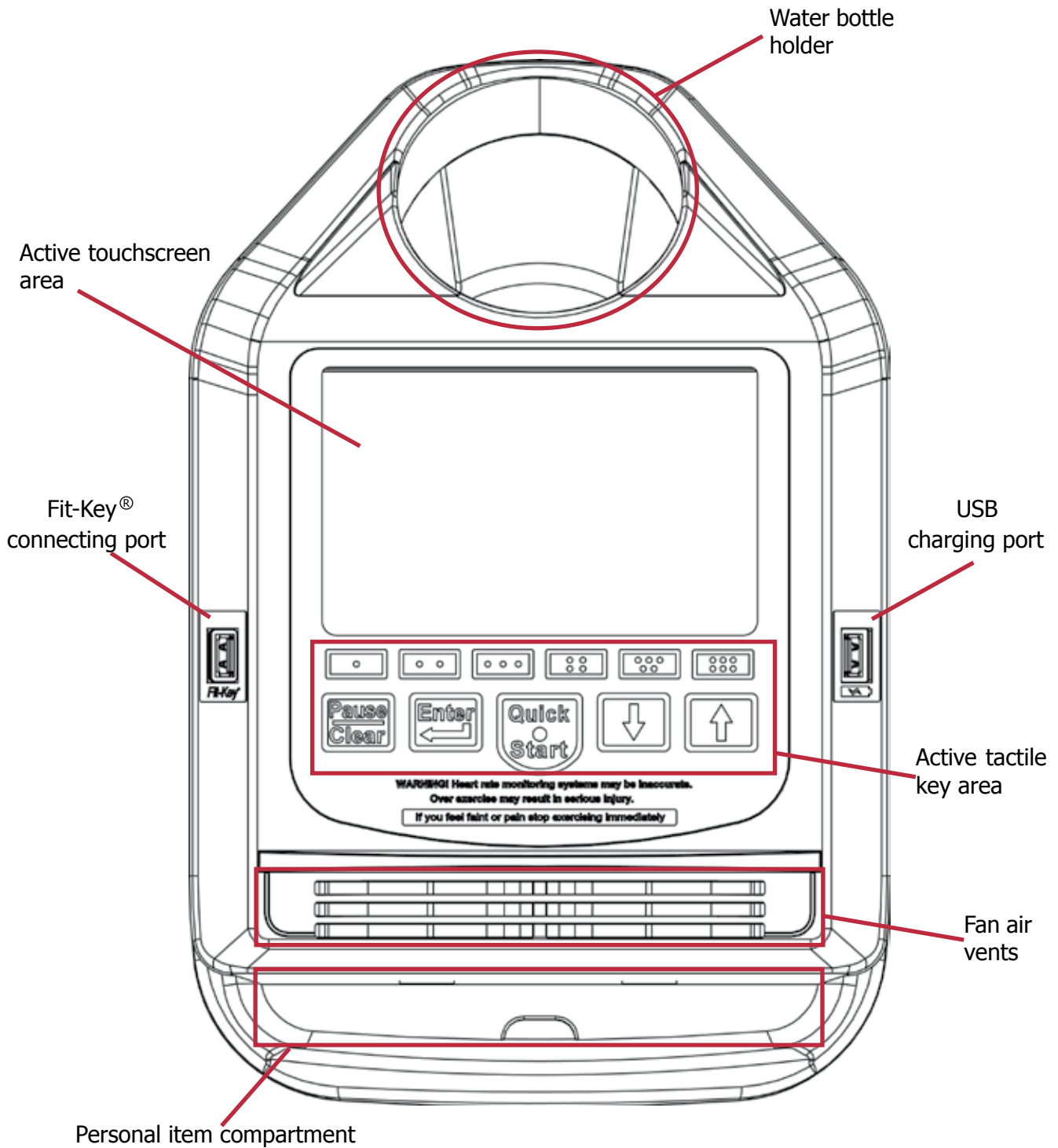
Close supervision is necessary when operating the console on the exercise machine by or near children or individuals with disabilities.

Operate the console only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.

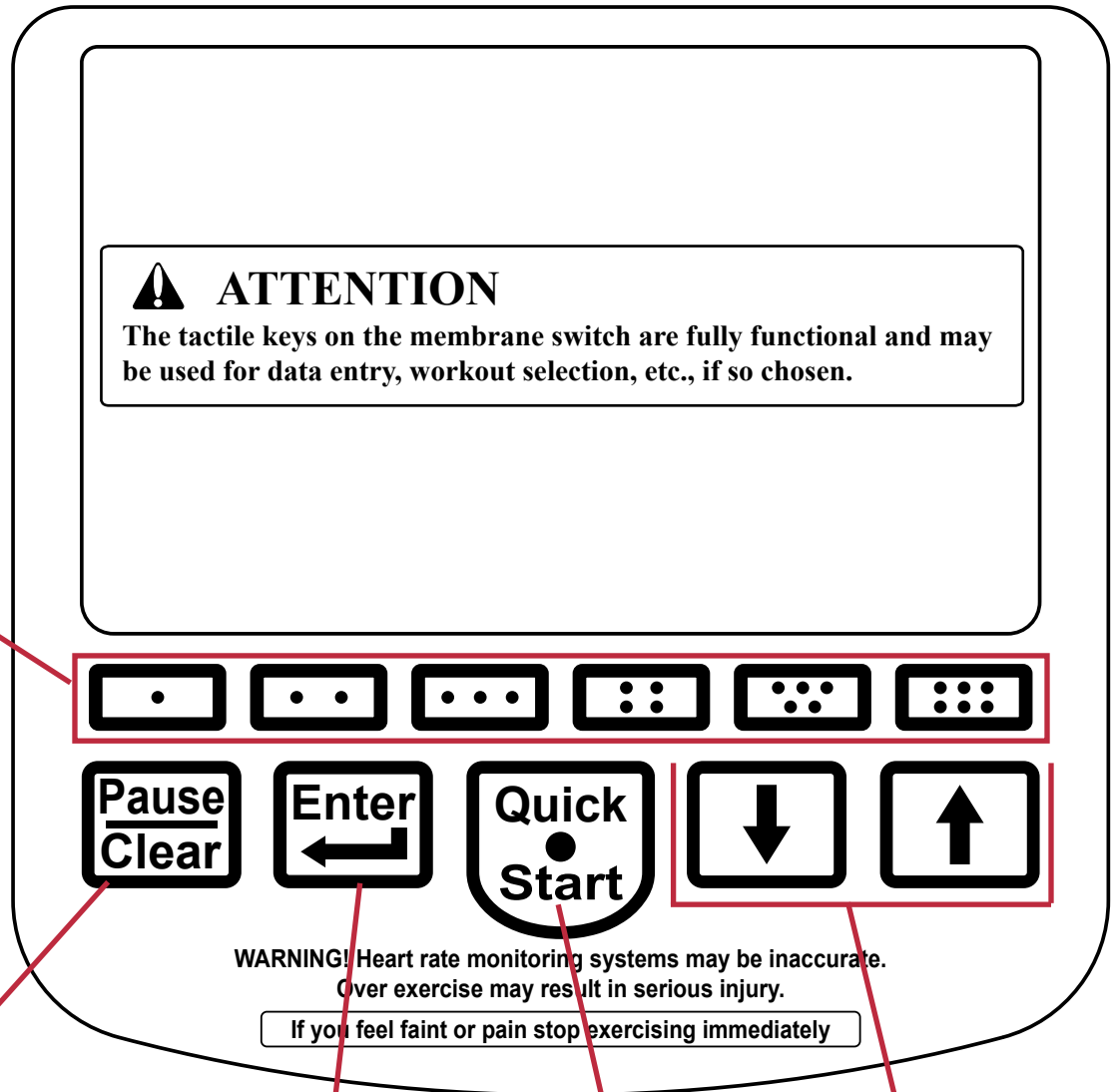
Never drop or insert any object into any opening of the console.

Do not use outdoors or in a harsh environment where water is present (i.e. pool or spa areas).

PRO UPPER & TOTAL BODY EXERCISERS * ISO RECUMBENT & UPRIGHT BIKES
TC1000 CLIMBERS * SXT ELLIPTICALS * REX RECUMBENT ELLIPTICALS
STEPONE RECUMBENT STEPPERS
CONSOLE OVERVIEW



PRO UPPER & TOTAL BODY EXERCISERS * ISO RECUMBENT & UPRIGHT BIKES
 TC1000 CLIMBERS * SXT ELLIPTICALS * REX RECUMBENT ELLIPTICALS
 STEPONE RECUMBENT STEPPERS
 TACTILE BUTTON FUNCTIONS



PAUSE/CLEAR
 Pauses the workout at anytime.
 Two choices then become available:
 1. Continue the workout
 2. Stop the workout

ENTER
 Confirms the user's value selection during the data entry process.

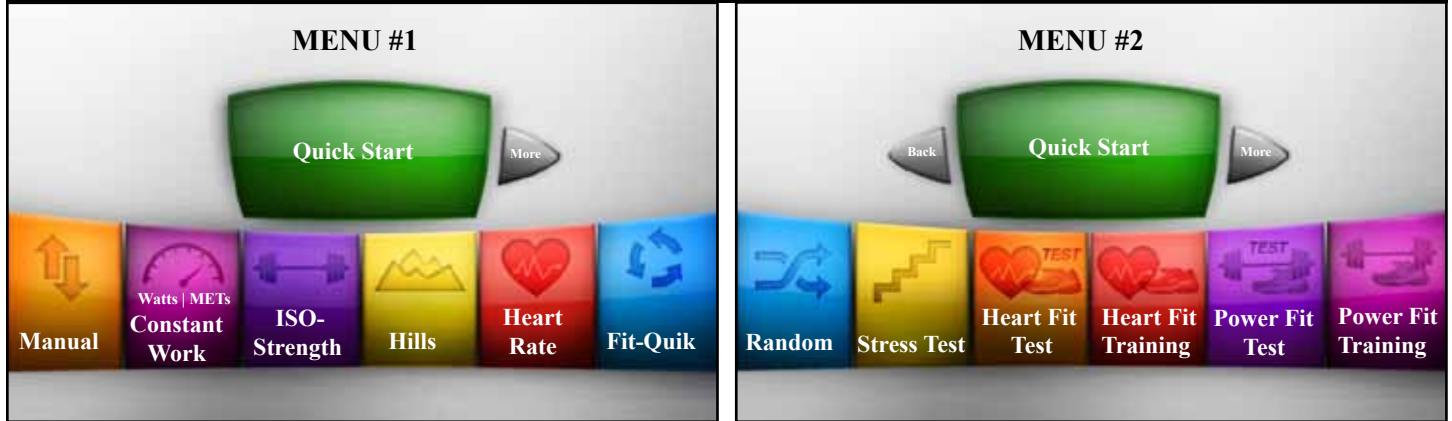
QUICK START
 Begins a pre-programmed workout session with no data entry required.

UP/DOWN ARROWS
 Use during the data entry process or during a workout to increase/decrease the workout level.

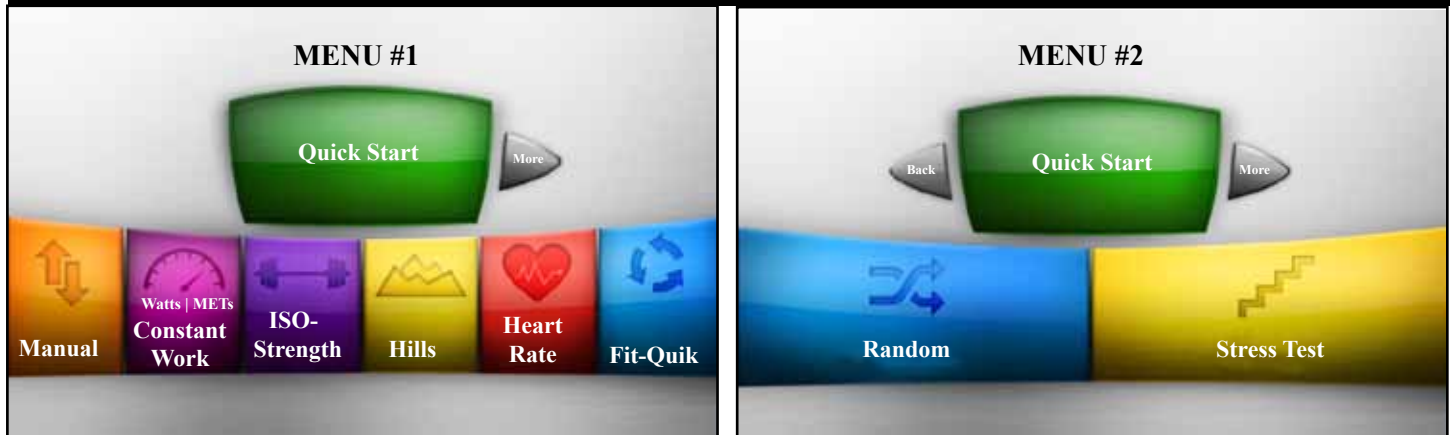
TOUCHSCREEN MENUS

Touchscreen allows the operator to select any program or key feature on the console with just a finger tip touch of the screen. The workout program options can be selected from the touchscreen display. The program menus seen on the screen will vary depending on the type of machine being used. The following are examples of these screens. Additional programs can also be viewed by touching the “More” key on the screen.

PRO UPPER BODY & TOTAL BODY EXERCISERS * ISO UPRIGHT & RECUMBENT BIKES * SXT ELLIPTICALS REX RECUMBENT ELLIPTICALS



STEPONE™ RECUMBENT STEPPERS



TC1000 CLIMBER



DATA ENTRY



When a workout program has been selected (except Quick Start) the console will advance into the “Data Entry” screen where user information is entered prior to the workout commencing.

The user will have 3 different options of entering data as each category is displayed on the screen.

Option 1: Touching the numerical keypad on the screen.

Note: Touching the “Delete” key will remove the last digit entered shown on the screen from right to left. The “Back” key will return you to the previous screen

Option 2: Touching the “+” or “-” arrow keys on the screen.

Option 3:

A. Pressing the “Up arrow” or “Down arrow” tactile buttons on the console keypad.

When the user has completed entering the information required, then touching the “Accept” button on the screen or pressing the tactile “Enter” button on the console will save the data and advance to the next category or begin the workout if it is the last category.



WORKOUT PROGRAMS

SCIFIT programs have 191 levels of controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout. The resistance is adjustable in .1 increments and is easy for the user to track progress. SCIFIT products feature one of the highest resistance capabilities available. A steady rotation of the cranks or pedals will keep the display screen lit during the data entry process, otherwise the screen will go dim after a short period of time. If you prefer the console to remain lit at all times, an AC adapter can be plugged into the machine to accomplish this. This is common in medical settings and with Fit-Key Programs.

Quick Start (ALL MACHINES)

Allows the user to get on the machine and go. Touching the “Quick Start” key on the main screen begins a pre-programmed workout with no set time limit. The intensity level can be changed by touching the “Menu” key on the screen to view the “Increase Level” and “Decrease Level” icons or use the tactile “Up/Down” arrows buttons on the keypad.

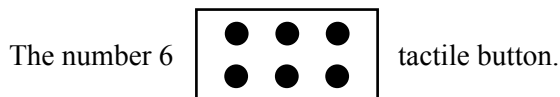


The workout will commence.

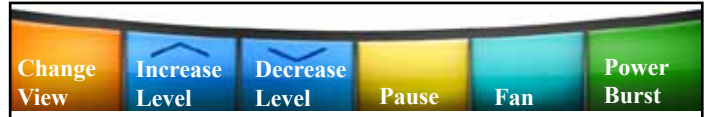
Changing The Intensity Level:



or



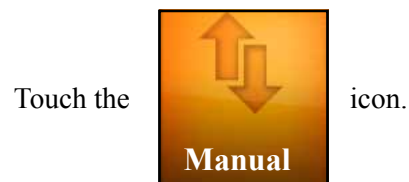
A pop-up menu will appear at the bottom of the screen.



Touch “Increase Level or Decrease Level” to change the workout intensity level or press the “Up/Down” tactile arrows on the keypad.

Manual Workout

Allows the user to set the intensity at any level. This level will not change unless the user manually increases or decreases the intensity.



Following the data entry instructions as described on page 5:

1st screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Level): Select the level intensity (max. 20).

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Weight): Enter the user weight.

- Machine with Premium seat maximum - 450lbs (204kg)
- Machine with Standard seat maximum - 500lbs (226kg)
- Machine with Bariatric seat maximum - 600lbs (272kg)
- TC1000 maximum - 375lbs (170kg)
- ISO1000/7000 maximum - 350lbs (158kg)
- SXT7000 maximum - 375lbs (192kg)
- REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

WORKOUT PROGRAMS

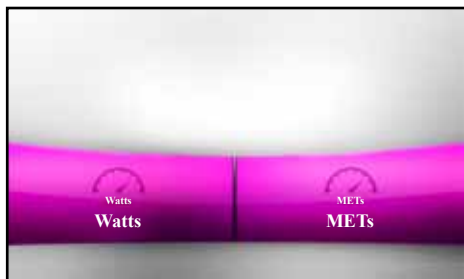
Constant Work (Watts | METs)

Workout resistance is automatically adjusted to compensate for any change in speed (RPM), thus the amount of work will remain constant at any given (Watts or METs) setting.



Following the data entry instructions as described on page 5:

1st screen (Watts or METs): Select “METs” or “Watts”.



2nd screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Watts or METs): Enter the target “Watts” or “METs” according to the selection on screen 1.

METs: min (2.1) max (20) Watts: min (6) max (999)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen: Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

TC1000 maximum - 375lbs (170kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

ISO-Strength Program

ISO-Strength is an isokenitic program, meaning that the unit will resist your movements in order to force you to stay at a set speed. This type of strength workout will not cause excessive soreness. The console will adjust resistance to keep the user at the target RPM speed.



Following the data entry instructions as described on page 5:

1st screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Target): Enter the target RPM.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Hills Program

Allows the user to select from seven different Hill profiles set at various pre-programmed intensities. The following profiles are available: Course, Sprints, Twin Peaks, Peak, Progressive, Multi-Peaks and Ramp.



WORKOUT PROGRAMS

Following the data entry instructions as described on page 5:

1st screen (Course Profile): Select 1 of 7 profiles

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Time): Enter the workout time.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Level): Select the level intensity (max. 20).

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

TC1000 maximum - 375lbs (170kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

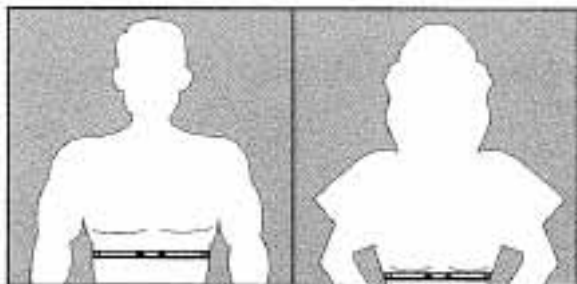
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Heart Rate Program

A heart rate transmitter chest strap is required for this program. Refer to page 34 for instructions on using the strap and how to calculate your target heart rate.

- Place the transmitter strap on your chest



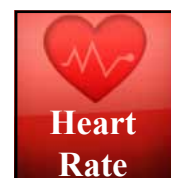
⚠ ATTENTION

If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.



If the signal continues to be undetected the program will exit and return to the main screen.

Touch the



icon.

Following the data entry instructions as described on page 5:

1st screen (Time): Enter the workout time

Note: Minimum workout time is 12 min. including a 2 min. warm up.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Target): Enter the target Heart Rate.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

TC1000 maximum - 375lbs (170kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

WORKOUT PROGRAMS

Fit Quik®

Allows the user to select a two stage program of cardiovascular work with ISO-strength (Isokinetic). Work loads and time durations are preset within the Set-Up mode.



1st screen (Weight): Enter the user weight.

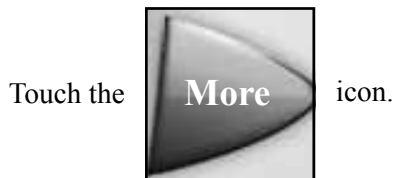
Machine with Premium seat maximum - 450lbs (204kg)
Machine with Standard seat maximum - 500lbs (226kg)
Machine with Bariatric seat maximum - 600lbs (272kg)
ISO1000/7000 maximum - 350lbs (158kg)
SXT7000 maximum - 375lbs (192kg)
REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

More

Touching this key will show a second menu screen (machine dependent) of additional pre-programmed workouts.



Random Program

This program randomly displays different workout profiles each with its own level of difficulty. The user only has to choose the type of profile, length of workout time and the level difficulty.

Note: The highest column of the profile represents the highest workout level you selected. Columns below it are percentages of the level selected.



Following the data entry instructions as described on page 5:

1st screen (Course Profile): Select one of various profiles

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Time): Enter the workout time.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Level): Select the level intensity (max. 20).

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)
Machine with Standard seat maximum - 500lbs (226kg)
Machine with Bariatric seat maximum - 600lbs (272kg)
TC1000 maximum - 375lbs (170kg)
ISO1000/7000 maximum - 350lbs (158kg)
SXT7000 maximum - 375lbs (192kg)
REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Stress Test

A designed stress test to be used as a training program or used with other diagnostic devices (if applicable). The user sets a target wattage with timed intervals and preset wattage increments.



WORKOUT PROGRAMS

Following the data entry instructions as described on page 5:

1st screen (Watts Target): Enter first watts target

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Watt Increments): Enter the wattage increments of change for the following steps

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Time Intervals): Enter the time interval for each step.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)
Machine with Standard seat maximum - 500lbs (226kg)
Machine with Bariatric seat maximum - 600lbs (272kg)
ISO1000/7000 maximum - 350lbs (158kg)
SXT7000 maximum - 375lbs (192kg)
REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Heart Fit™ Test

This program is based on a pre-programmed workout designed to evaluate your heart rate recovery. The user can select from 1 to 4 levels (Beginner, Intermediate, Advanced and Sports Performance).

Touch the



icon.

⚠ ATTENTION

If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.



Following the data entry instructions as described on page 5:

1st screen (Level Intensity): Select 1 of 4 levels: Beginner, Intermediate, Advanced or Sports Performance

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)
Machine with Standard seat maximum - 500lbs (226kg)
Machine with Bariatric seat maximum - 600lbs (272kg)
ISO1000/7000 maximum - 350lbs (158kg)
SXT7000 maximum - 375lbs (192kg)
REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Heart Fit™ Training

Designed training programs based on the user’s evaluated Heart Fit test. A training schedule with retesting is recommended. The user has three programs and four levels (Beginner, Intermediate, Advanced and Sports Performance) to choose from.

Touch the



icon.

⚠ ATTENTION

If you are not wearing a transmitter belt or the belt is not sending a signal correctly, after a short period of time the following message will appear.

WORKOUT PROGRAMS



Following the data entry instructions as described on page 5:

1st screen (Program Profile): Select 1 of 3 program profiles.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Level Intensity): Select 1 of 4 levels: Beginner, Intermediate, Advanced or Sports Performance

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

Power Fit™ Test

This test is based on a pre-programmed workout designed to evaluate your “Power Drop Percentage”, which gives a fitness indication of power and strength using watts as the main measurement.



The workout will then commence.

Power Fit™ Training

Specifically designed preset watts training programs based off the user’s Power Fit™ test evaluation. Three programs and four levels (Beginner, Intermediate, Advanced and Sports performance) are available.

Touch the  icon.

Following the data entry instructions as described on page 5:

1st screen (Program Profile): Select 1 of 3 program profiles.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Level Intensity): Select 1 of 4 levels: Beginner, Intermediate, Advanced or Sports Performance

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Weight): Enter the user weight.

Machine with Premium seat maximum - 450lbs (204kg)

Machine with Standard seat maximum - 500lbs (226kg)

Machine with Bariatric seat maximum - 600lbs (272kg)

ISO1000/7000 maximum - 350lbs (158kg)

SXT7000 maximum - 375lbs (192kg)

REX7000 maximum - 450lbs (204kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

The workout will then commence.

CONSOLE FEATURES

The rotary touchscreen console also includes extra user friendly features that may be accessed during a workout.

Once a workout commences, the word “Menu” will appear in the lower right corner of the screen. Just a touch of the “Menu” icon activates a pop-up menu that appears at the bottom of the screen for additional selections.

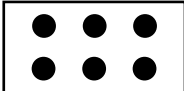


ATTENTION

Depending on the workout selected, not all icons will appear on the pop-up menu when the “Menu” key is touched.

Touch the  icon.

or

The number 6  tactile button.

A pop-up menu will appear at the bottom of the screen.



Key Descriptions



Allows the user to change the viewing format of the workout profile and data displayed on the screen during the workout.



Allows the user to change the intensity of the workout.



Touching the “Pause” icon or pressing the “Pause/Clear” tactile button pauses the workout program at anytime. The workout display will then minimize and the user is shown two options at the bottom of the screen.



Continue

Restarts the workout program at the point where the user had paused it.

Touching “Stop” or pressing the “Pause/Clear” button a second time.

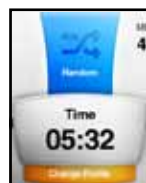
Exits the workout and returns to the main screen.



This activates two 3-speed cooling fans (Low, Medium, High) at anytime during the workout. Each touch of the icon will change the fan airflow speed.



This feature increases resistance for a short duration of time during the workout when activated. Touching this icon will activate the feature and a short count down will be seen on the screen to prepare the user. The duration length of the “Power Burst” can be increased or decreased in the “Set-up” mode.



Change Profile

Only seen when the “Random” program is selected. It allows the user to change the current workout profile at the bottom of the screen to a different one by touching the “Change Profile” key anytime during the workout.

SET-UP MODE ACCESS

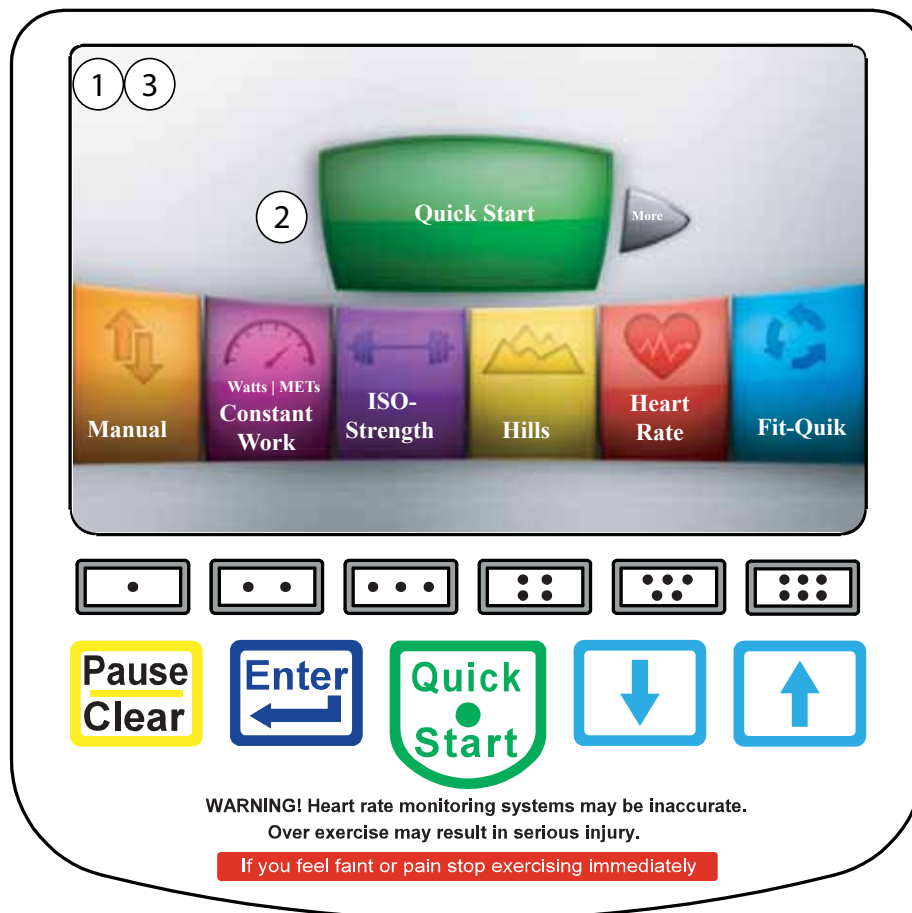
The touchscreen console provides the user with a sub-screen option called the “set-up screen”. The user may customize parameters in this screen, allowing for a maximized workout.

Note: There are two methods of accessing the console set-up screen for a rotary machine. The following explains both methods.

Method 1: Using the touchscreen.

In Sequence:

- (1) Touch the **upper left corner** of the screen,
- (2) Then touch the **left side of the “Quick Start” icon**,
- (3) Finally touch the **upper left corner of the screen again**.

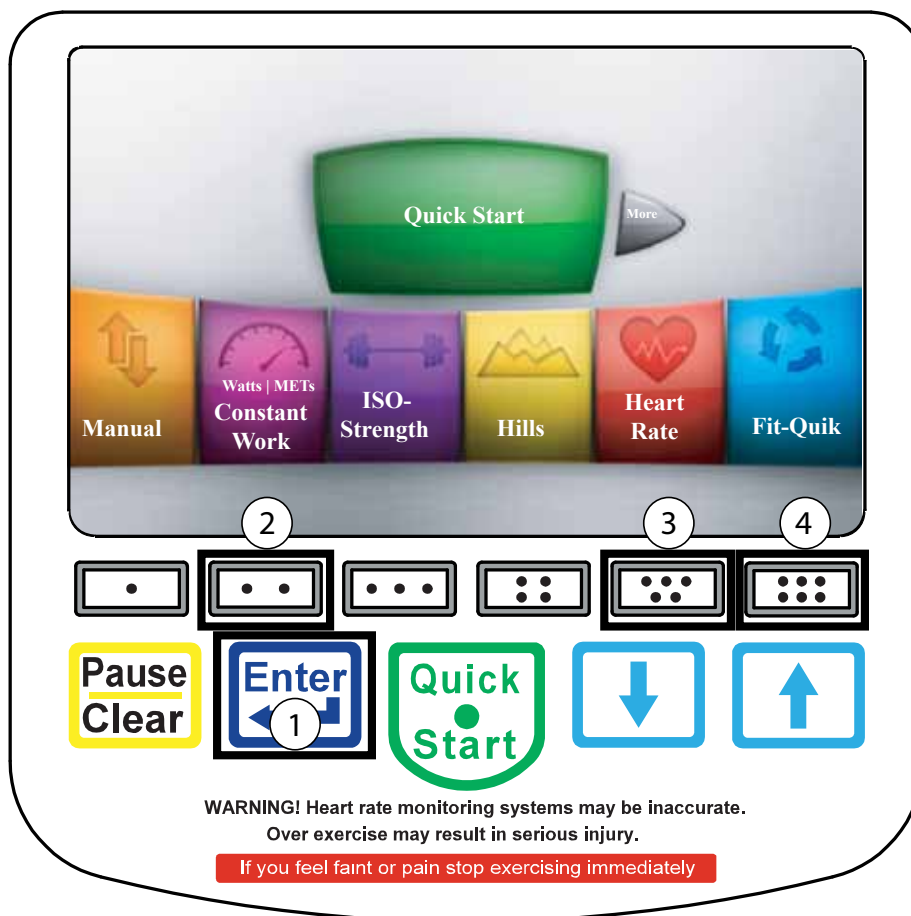


SET-UP MODE ACCESS

Method 2: Using the tactile buttons for consoles with firmware from 2.78 and after.

In Sequence:

- (1) Press the [Enter] key,
- (2) Then press the [Two Dot] key,
- (3) Then press the [Five Dot] key,
- (4) Finally press the [Six Dot] key.



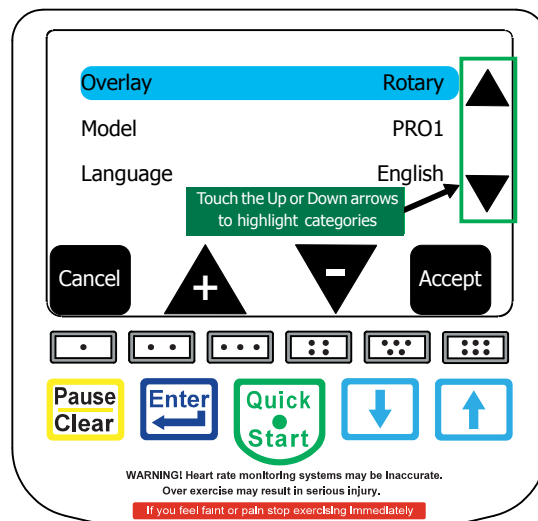
SET-UP MODE ACCESS

Step 1: Category Selection

The screen will change to show the first three categories.

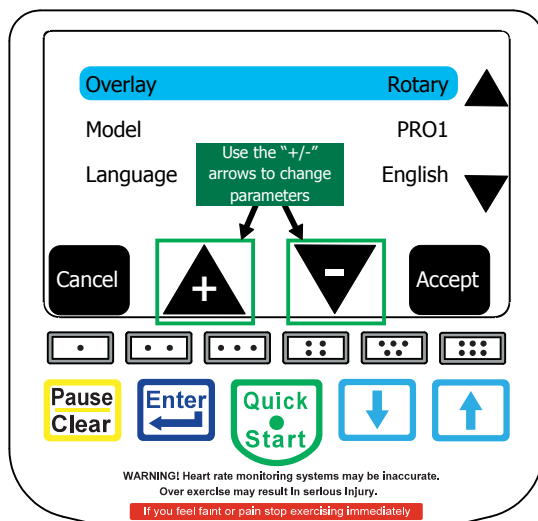
To select a category use the “Up” or “Down” arrows on the right side to highlight the preferred category.

Note: The up arrow will appear when the “Model” category is highlighted.



Step 2: Changing Parameters

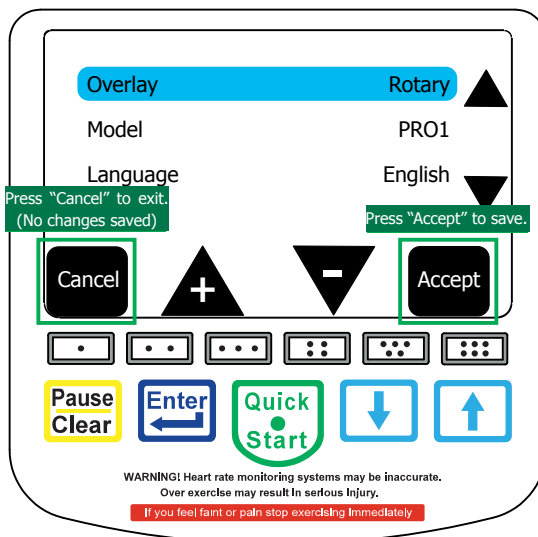
Once a category has been highlighted the parameters may be changed by touching either the “+” or “-” arrows. **NOTE: There will be times the screen will change to a data entry view to make adjustments. After making the adjustments touch the “Accept” key to return to the “Set-Up Mode” screen.**



Step 3: Saving The Changes

Once a category has been selected and the parameters customized, then the data can be saved by touching the “Accept” icon on the screen. This will save and reset the console, then display to the main menu screen.

If the user wishes not to save any changes, touch the “Cancel” icon and the console will not save any data and return to the main menu screen.



SET-UP MODE ACCESS

Rotary Categories

When the “Set-Up Mode” is accessed it will show categories for both rotary and treadmill.
The following information will only list categories concerning the rotary machines.

Overlay: (Set at Factory)

Indicates the type of key array selection for the membrane switch that is attached.

Model: (Machine Dependent)

Configures the type of machine the console has been mounted too.

Language: Default: English

Allows the user to select the language of their choice to be displayed on the screen.
Languages available: English, Russian, Japanese, Chinese, Italian, French, Dutch, Spanish and German.

Units: Default: U.S.

Selects one of two weight units: U.S. or Metric.

Baud Rate: Default: 9600

The console may be connected via the “COMM” port on the back of the console to an external monitoring device that can be used to track a user’s progress. The baud rate determines the speed of data transfer between the console and the device. There are six different speed options to select from: 4800, 9600, 19200, 38400, 57600 and 115200.

Serial Protocol: Default: CSAFE

This gives the user a choice between “CSAFE” or “ERGOLINE” protocol.

SET-UP MODE ACCESS

Watts Scalar: **Default: 1.000**

This is a multiplication factor to change the power (Watts) of the machine. The machine will be harder to operate if the ‘Watt Scalar’ is greater than 1 and easier to operate if it is less than 1.

Watt Offset: **Default: 0.000**

For machine calibration use only. (Not for customer use)

Power Burst (seconds): **Default: 8**

This increases resistance for a short period of time during the workout when activated. The time length of the ‘Power Burst’ can be increased or decreased here.

Paused Timeout (seconds): **Default: 15**

The amount of time the screen will stay lit after the [Pause] key is pressed, the user stops pedaling and the brake stops rotating. This time can be adjusted here.

Note: Paused timeout range is 0 - 180 seconds.

Utilization (Hours): **Default: 0.0**

This tracks the amount of time (in hours) that the machine has been in use.

Note: Hours will not reset when a software upgrade is done.

LCD Dimming: **Default: Disabled**

When enabled activates the LCD screen to dim when RPM’s are 25 or lower.

SET-UP MODE ACCESS

Default Level:

Default: 1

Controls the starting resistance level when a workout begins. If the level number is changed in the set-up mode, it will appear in the “Level” category during the data entry mode of the Manual, Quick Start, Hills and Random programs. **Default range: 1 - 20**

Maximum Workout Time:

Default: 99:00

Sets a workout time limit on programs Manual, Hills, ISO-Strength, Heart Rate and Constant Work. No workout time will be allowed to surpass the limit during the data entry mode.

Fit-Quik Cardio Workout:

Default: Manual

Allows the Fit-Quik program to be preset to 1 of 3 workout programs: Manual, Hills or Constant Workout.

Fit-Quik Watts Target (Watts):

Default: 20

A preset wattage target is selected here when the Fit-Quik program is set for Constant Work.

Fit-Quik Profile Cardio:

Default: Course

When the Fit-Quik program is preset for the Hills program the user may select 1 of 7 workout contours: Course, Sprint, Twin peaks, Peak, Progressive, Multi-Peaks and Ramp.

Fit-Quik Time Cardio (mm:ss):

Default: 5.00

Sets the time length of the 1st stage workout for the program before initiating the 2nd stage.

Fit-Quik Reverse:

Default: Disabled

Sets the option to display the phrase “Change Direction” on the screen during the 1st stage workout for those machines that are bidirectional compatible.

Fit-Quik RPM Target:

Default: Machine dependent

Sets the RPM target for the 2nd stage.

SET-UP MODE ACCESS

Fit-Quik Challenge time (mm:ss): **Default: 0:10**

Allows the option to increase or decrease the time length of the ISO portion stage.

Fit-Quik Recovery (mm:ss): **Default: 00:35**

Allows the option to increase or decrease the time length of the Constant Work program portion.

Fit-Quik ISO Repeats: **Default: 4**

Allows the option to set how many times the ISO-Strength portion of the 2nd stage is repeated.

Reverse Banner: **Default: Disabled**

Allows the option to display the phrase “Change Direction” for bidirectional compatible machines. Affects the following programs: Manual, Constant Work, Hills and Random.

Reverse Time Banner: **Default: 0:30**

Sets the time interval when the phrase “Change Direction” appears on the screen. Example: The phrase “Change Direction” will appear every 30 seconds as set by the default.

ISO Banner: **Default: Disabled**

Allows the option to enable or disable the banners “Fast Forward”, “Slow” and Reverse Fast” to be shown during an ISO-Strength workout.

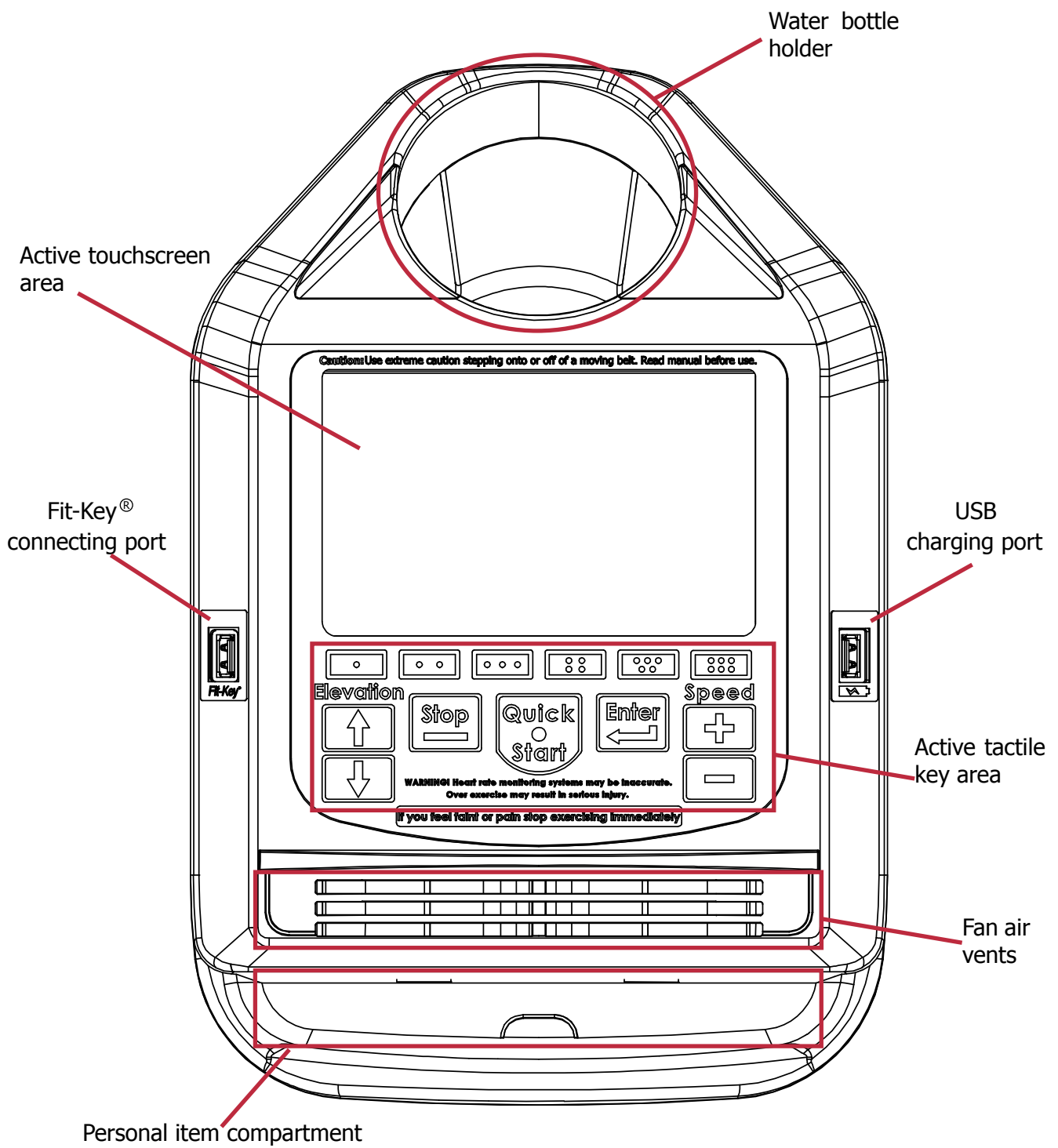
ISO Fast Time: **Default: 0:15**

Sets the time interval before the phrases “Fast Forward” and “Reverse Fast” appear on the screen during an ISO-Strength workout. Default: Every 15 seconds.

ISO Slow Time: **Default: 0:15**

Sets the time interval before the phrase “Slow” appears on the screen during an ISO-Strength workout. Default: Every 15 seconds

AC5000 * AC5000M * DC1000 TREADMILL CONSOLE OVERVIEW



AC5000 * AC5000M * DC1000 TREADMILL TACTILE BUTTON FUNCTIONS

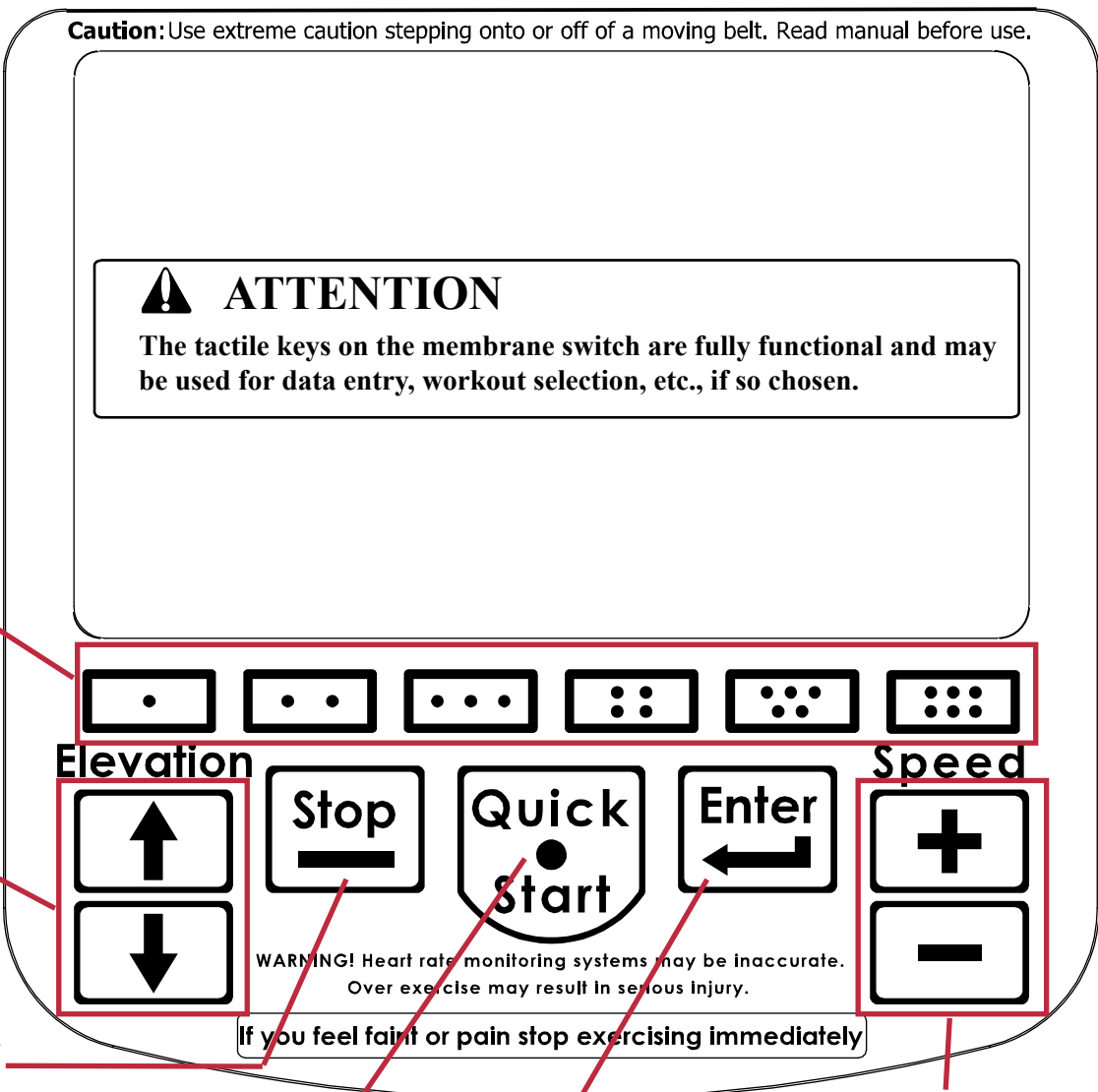
Caution: Use extreme caution stepping onto or off of a moving belt. Read manual before use.

⚠ ATTENTION
 The tactile keys on the membrane switch are fully functional and may be used for data entry, workout selection, etc., if so chosen.

Use when selecting a workout program or activating special feature function during a workout.

ELEVATION
 Increases or decreases the elevation of the treadmill during a workout.

STOP
 Stops the workout at any time.



QUICK START
 Begins a pre-programmed workout session with no data entry required.

ENTER
 Confirms the user's value selection during the data entry process.

“+” and “-” KEYS
 Use during the data entry process or during a workout to increase/decrease the speed level.



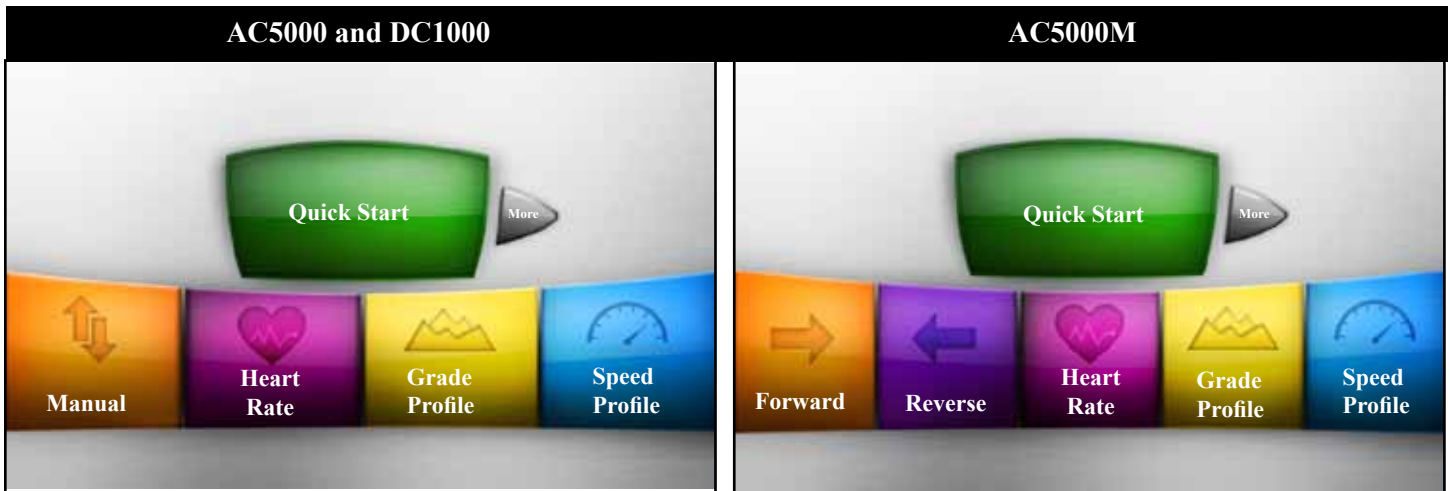
CAUTION

Changing Speed Note:

- There is a time delay between pressing the console speed tactile keys, speed icons on the screen and the speed buttons on the handrails compared to the actual speed of the walkbelt.
- **The speed displayed on the screen is not the actual speed, only the target speed the walkbelt will obtain.**
- **ALWAYS MONITOR THE SPEED SHOWN TO PREVENT PERSONAL HARM.**

TOUCHSCREEN MENUS

Touchscreen allows the operator to select any program or key feature on the console with just a finger tip touch of the screen. The workout program options can be selected from the touchscreen display. The program menus seen on the screen will vary depending on the type of machine being used. The following are examples of these screens. Additional programs can also be viewed by touching the “**More**” key on the screen.



DATA ENTRY



When a workout program has been selected (except Quick Start) the console will advance into the “Data Entry” screen where user information is entered prior to the workout commencing.

The user will have 3 different options of entering data as each category is displayed on the screen.

Option 1: Touching the numerical keypad on the screen.

Note: Touching the “Delete” key will remove the last digit entered shown on the screen from right to left. The “Back” key will return you to the previous screen

Option 2: Touching the “+” or “-” arrow keys on the screen.

Option 3:

- A. Pressing the “+” or “-” speed tactile buttons on the console keypad.
- B. Pressing the “+” or “-” speed tactile buttons on the handrail

When the user has completed entering the information required, then touching the “Accept” button on the screen or pressing the tactile “Enter” button on the console will save the data and advance to the next category or begin the workout if it is the last category.



WORKOUT PROGRAMS

Quick Start (AC5000/AC5000M/DC1000)

Allows the user to get on the machine and go. Touching the “Quick Start” key on the main screen begins a pre-programmed workout with no set time limit. The speed and elevation can be changed manually.



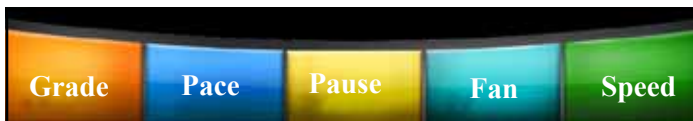
The workout will commence.

Changing the speed or elevation using touchscreen:

During the workout and press the “Menu” icon at the top of the screen.



A pop-up menu will appear at the bottom of the screen.



Elevation:

Touch the “Grade” icon and grade box image will appear in the middle of the screen. Touch either the “Up” or “Down” arrow in the grade box to adjust the angle of the treadmill.

Speed (Two options):

Option 1:

Touch the “Speed” icon and speed box image will appear in the middle of the screen. Touch either the “Up” or “Down” arrow in the speed box to adjust the speed of the treadmill.

Option 2:

Touch the “Pace” icon to adjust the speed if a time achieving pace is preferred. The speed always works opposite of the pace time. As the speed decreases, the pace time to cover a mile will then increase and vice versa. Touch either the “Up” or “Down” arrow in the pace box to adjust the speed of the treadmill to accommodate the pace.

Changing the speed intensity using tactile keys:

1. Press the “+” or “-” speed keys on the console.
2. Press the “+” or “-” speed keys on the right handrail.

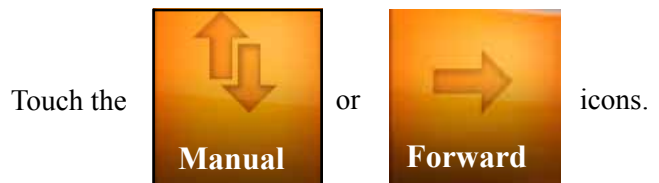
Changing the elevation angle using tactile keys:

1. Press the “Up” or “Down” arrow elevation keys on the console.
2. Press the “Up” or “Down” arrow elevation keys on the left handrail.

NOTE: Function descriptions of the “Pause” and “Fan” icons will be explained later in this manual.

Manual (AC5000/DC1000) Forward (AC5000M)

Allows the user to pre-set the beginning speed intensity and elevation angle of the machine. During the workout the speed and elevation can only be changed manually by the user.



Following the data entry instructions as described on page 23:

1st screen (Time): Enter the workout time

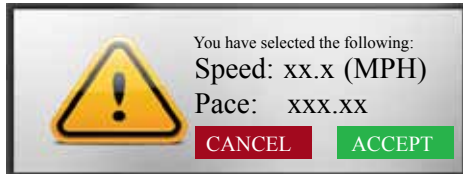
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

WORKOUT PROGRAMS

2nd screen (Speed): Enter the starting speed.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

Note: After accepting the speed entry a caution message will appear indicating the speed selected and the running pace. You may continue by touching accept or touching cancel if you wish to change the speed.



3rd screen (Grade): Enter the starting elevation of the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Weight): Enter the user weight.

AC5000 maximum - 550lbs (250kg)

AC5000M maximum - 550lbs (250kg)

DC1000 maximum - 375lbs (140kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

A count down will commence and the workout will begin.

Reverse (AC5000M Only)

This selection makes the walkbelt move in the reverse direction. The user again chooses the beginning speed and elevation levels. These levels do not change during the workout unless the user manually increases or decreases them.

Touch the



icon.

Note: After touching the reverse key a warning message (see below) will appear indicating you have selected this option. If this was not intended, please press the “Stop” tactile button to return to the main menu screen, otherwise the screen will advance to the workout time entry mode.

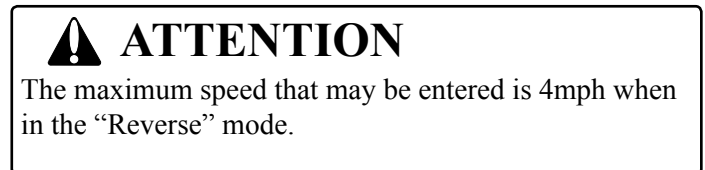


Following the data entry instructions as described on page 23:

1st screen (Time): Enter the workout time

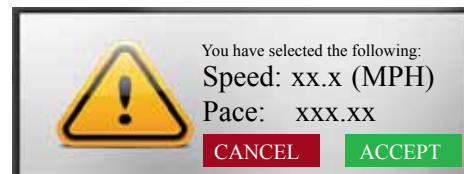
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Speed): Enter the starting speed.



Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

Note: After accepting the speed entry a caution message will appear indicating the speed selected and the running pace. You may continue by touching accept or touching cancel if you wish to change the speed.



WORKOUT PROGRAMS

3rd screen (Grade): Enter the starting elevation of the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Weight): Enter the user weight.

AC5000 maximum - 550lbs (250kg)

AC5000M maximum - 550lbs (250kg)

DC1000 maximum - 375lbs (140kg)

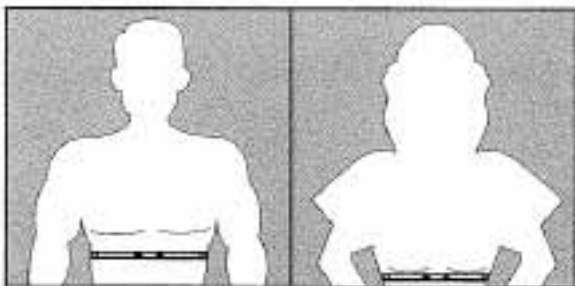
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

A count down will commence and the workout will begin.

Heart Rate Program (AC5000/AC5000M/DC1000)

A heart rate transmitter chest strap is required for this program. Refer to page 34 for a complete instruction on using the strap and to understand how to calculate your target heart rate.

Place the transmitter strap on your chest

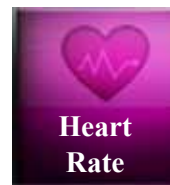


! ATTENTION

If you are not wearing a transmitter chest strap or the chest strap is not sending a signal correctly, after a short period of time the following message will appear.



If the signal continues to be undetected the program will exit and return to the main screen.



Touch the icon.

NOTE:

The minimum workout period for a heart rate program is 12 minutes including a 2 minute warm up.

Following the data entry instructions as described on page 23:

1st screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

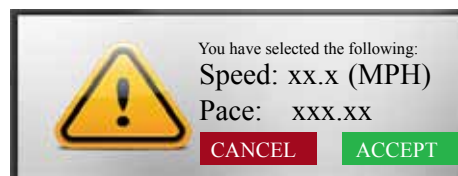
2nd screen (Target): Enter the target heart rate.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Speed): Enter the starting speed.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

Note: After accepting the speed entry a caution message will appear indicating the speed selected and the running pace. You may continue by touching accept or touching cancel if you wish to change the speed.



4th screen (Weight): Enter the user weight.

AC5 maximum - 550lbs (250kg)

AC5M maximum - 550lbs (250kg)

DC1000 maximum - 375lbs (140kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

A count down will commence and the workout will begin.

WORKOUT PROGRAMS

Note:

1. The grade (elevation) tactile buttons, touchscreen and handrail keys will adjust the grade during the workout, **but if the user's heart rate is at or above the target heart rate, grade (elevation) adjustment will not be allowed.**
2. The speed tactile buttons, touchscreen and handrail keys will adjust the speed during the workout, **but if the user's heart rate is at or above the target heart rate, speed adjustment will not be allowed.**
3. Target heart rate may be adjusted using the touch screen menu.

GRADE PROFILE (AC5000/AC5000M/DC1000)

The grade profile provides seven different elevation dependent workout contours that the user may select. The elevation will automatically adjust up or down as the workout progresses. Speed and elevation can be adjusted manually during these workouts.



Following the data entry instructions as described on page 23:

1st screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

2nd screen (Profile): Select from 1 of 7 grade profiles.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Minimum Grade): Enter the lowest grade angle wanted during the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

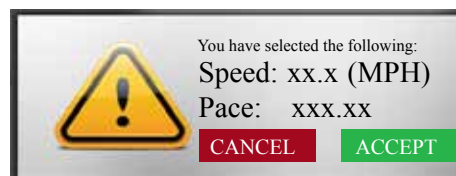
4th screen (Maximum Grade): Enter the maximum grade angle wanted during the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

5th screen (Speed): Enter the starting speed.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

Note: After accepting the speed entry a caution message will appear indicating the speed selected and the running pace. You may continue by touching accept or touching cancel if you wish to change the speed.



6th screen (Weight): Enter the user weight.

- AC5000 maximum - 550lbs (250kg)
- AC5000M maximum - 550lbs (250kg)
- DC1000 maximum - 375lbs (140kg)

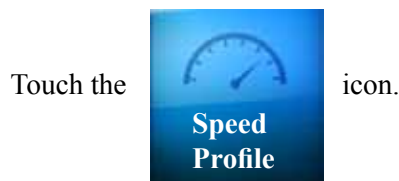
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

A count down will commence and the workout will begin.

SPEED PROFILE (AC5/000AC5000M/DC1000)

The speed profile provides seven different speed dependent workout contours that the user may select. The speed will automatically adjust faster or slower as the workout progresses.

Speed and elevation may be adjusted manually during these workouts.



Following the data entry instructions as described on page 23:

1st screen (Time): Enter the workout time

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

WORKOUT PROGRAMS

2nd screen (Profile): Select from 1 of 7 speed profiles.

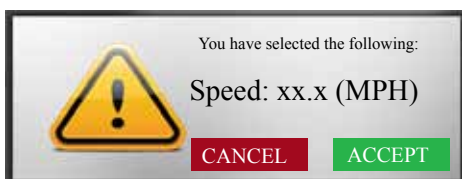
Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

3rd screen (Minimum Speed): Enter the lowest speed wanted during the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

4th screen (Maximum Speed): Enter the maximum speed wanted during the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.



Note: After both minimum and maximum speeds selections have been entered a caution message will appear indicating the max speed the user has selected. The user may continue by touching accept or touch cancel if you wish to change the entry.

5th screen (Grade): Enter the starting elevation of the workout.

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

6th screen (Weight): Enter the user weight.

AC5000 maximum - 550lbs (250kg)

AC5000M maximum - 550lbs (250kg)

DC1000 maximum - 375lbs (140kg)

Touch the “Accept” icon on the screen or press the “Enter” tactile button on the keypad.

A count down will commence and the workout will begin.

CONSOLE FEATURES

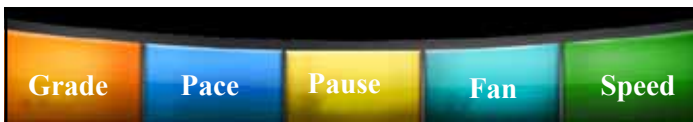
The treadmill touchscreen console also includes extra user friendly features that may be accessed during a workout.

Once a workout commences, the word “Menu” will appear at the top of the screen above the name of the workout program you are currently in.

Just a touch of the “Menu” icon (see square outline below) activates a pop-up menu that appears at the bottom of the screen for additional selections.



Pop-up menu with additional key features appears.



Key Descriptions



Allows the user to change the grade height of the treadmill during the workout.



Allows the user to adjust the amount of time in minutes to complete 1 mile during the workout. Increasing the pace (more minutes) will slow the speed of the belt down, decreasing the pace (less minutes) will increase the speed of the belt.



Pauses the workout program at anytime. The screen then changes providing the user with options as shown below.



Continue

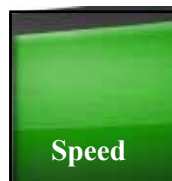
Restarts the workout program at the point where the user had paused it.

Touching “Stop” or pressing the “Pause/Clear” button a second time.

Exits the workout and returns to the main screen.



This activates two 3-speed cooling fans (Low, Medium, High) at anytime during the workout. Each touch of the key will change the fan airflow speed.



This feature allows the user to change the speed of the walking belt anytime during the workout.



During the workout, the stop key will appear at the bottom of the touchscreen display. Pressing this key will stop and exit the workout program, then return the user to the main menu screen.

SET-UP MODE ACCESS

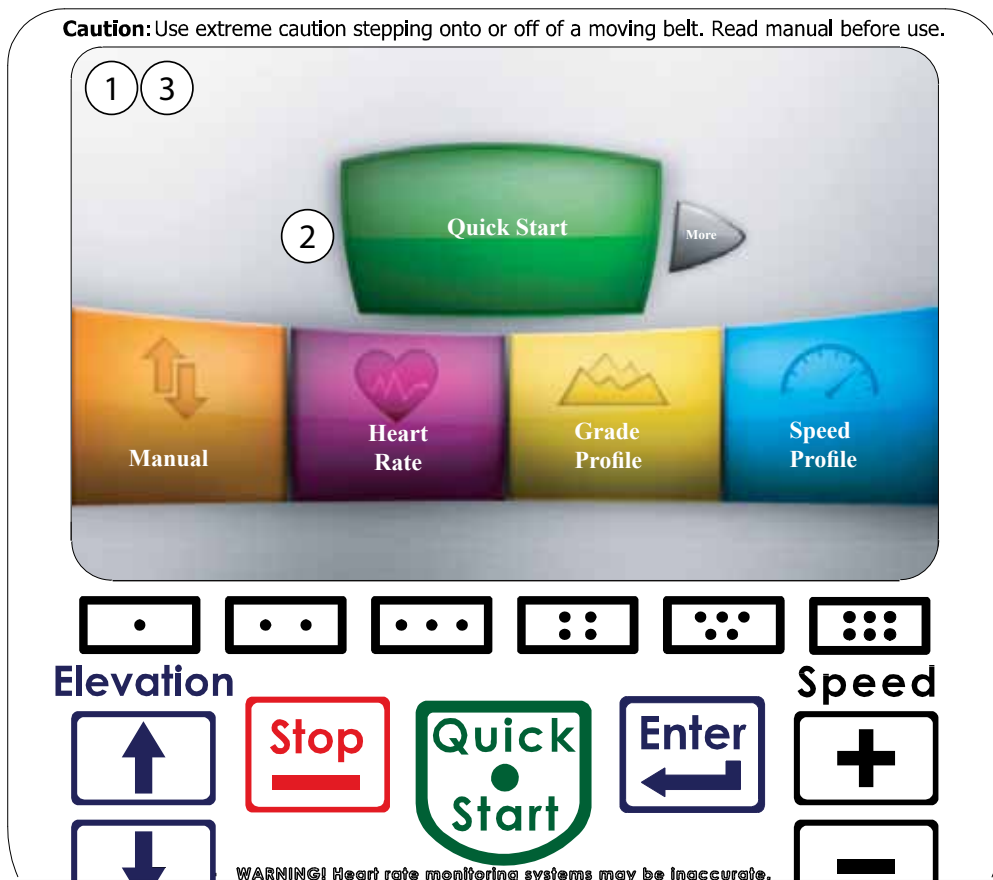
The touchscreen console provides the user with a sub-screen option called the “set-up screen”. The user may customize parameters in this screen, allowing for a maximized workout.

Note: There are two methods of accessing the console set-up screen for a treadmill machine. The following explains both methods.

Method 1: Using the touchscreen.

In Sequence:

- (1) Touch the **upper left corner of the screen**,
- (2) Then touch the **left side of the “Quick Start” icon**,
- (3) Finally touch the **upper left corner of the screen again**.

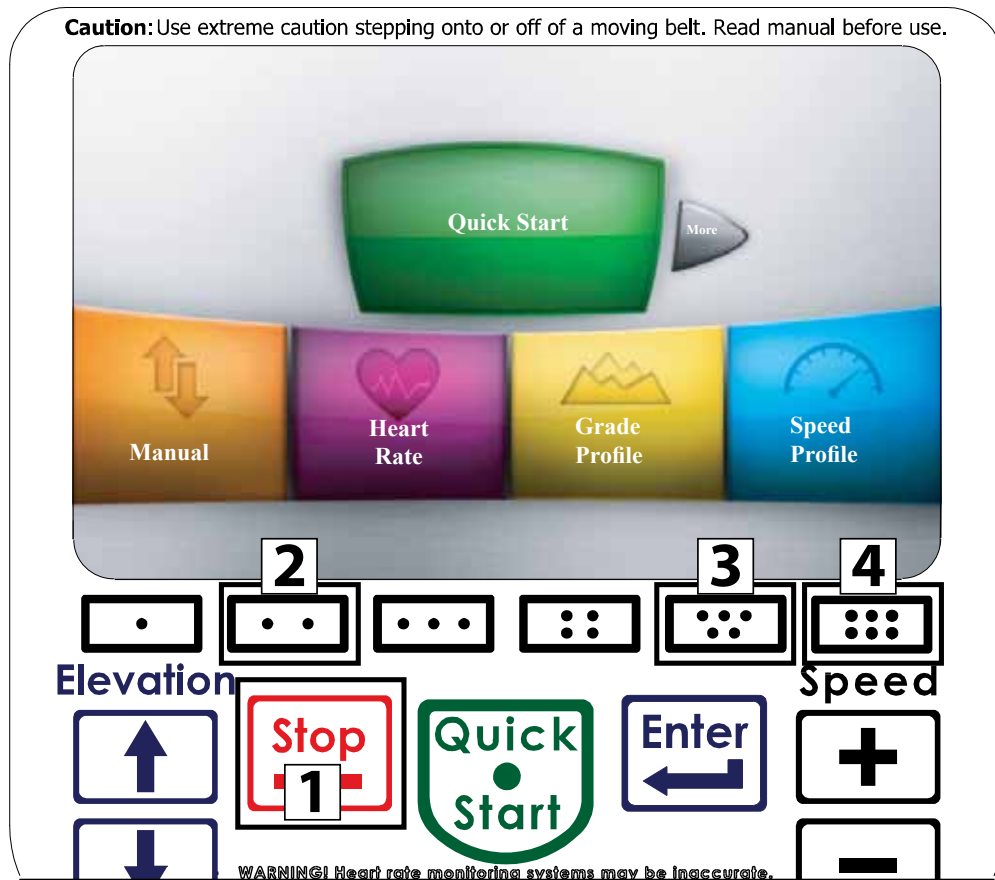


SET-UP MODE ACCESS

Method 2: Using the tactile buttons.

In Sequence:

- (1) Press the [Stop] key, then
- (2) Press the [Two Dot] key, then
- (3) Press the [Five Dot] key, then
- (4) Finally press the [Six Dot] key.



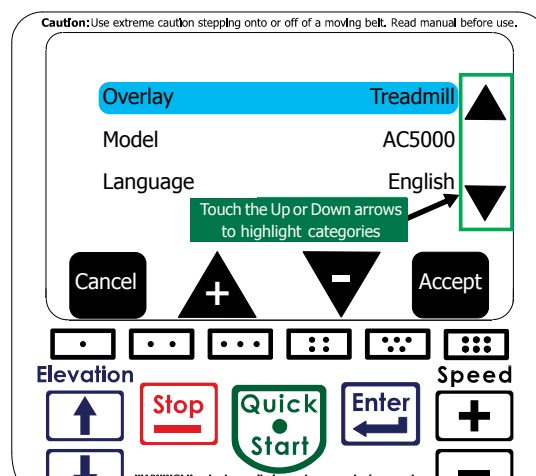
SET-UP MODE ACCESS

Step 1: Category Selection

The screen will change to show the first three categories.

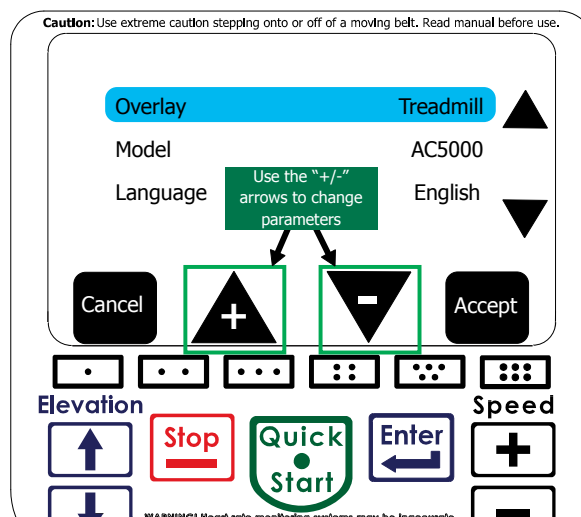
To select a category use the “Up” or “Down” arrows on the right side to highlight the preferred category.

Note: The up arrow will appear when the “Model” category is highlighted.



Step 2: Changing Parameters

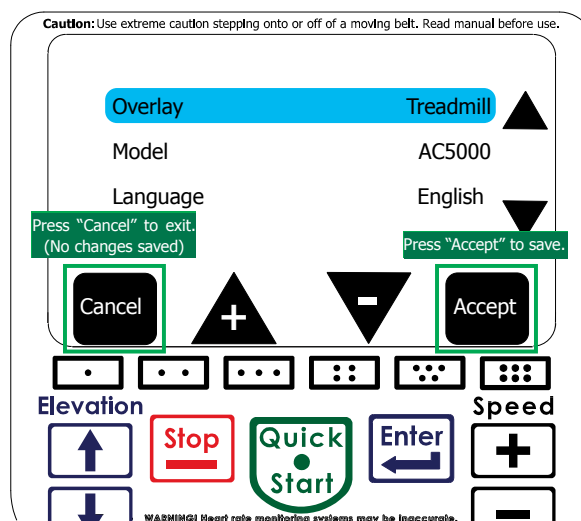
Once a category has been highlighted the parameters may be changed by touching either the “+” or “-” arrows. **NOTE: There will be times the screen will change to a data entry view to make adjustments. After making the adjustments touch the “Accept” key to return to the “Set-Up Mode” screen.**



Step 3: Saving The Changes

Once a category has been selected and the parameters customized, then the data can be saved by touching the “Accept” icon on the screen. This will save and reset the console, then display to the main menu screen.

If the user wishes not to save any changes, touch the “Cancel” icon and the console will not save any data and return to the main menu screen.



SET-UP MODE ACCESS

Treadmill Categories

When the “Set-Up screen” is accessed it will show categories for both rotary and treadmill. The following information will only list categories concerning the treadmill machines.

Overlay: (Factory Set): Treadmill

Indicates the type of key array selection for the membrane switch that is attached.

Model: (Factory Set): AC5000, AC5000M, DC1000

Selects the type of machine the console has been mounted too.

Language: Default: English

Allows the user to select the language of their choice to be displayed on the screen. Languages available: English, Russian, Japanese, Chinese, Italian, French, Dutch, Spanish and German.

Units: Default: U.S.

Selects one of two weight units: U.S. or Metric.

Baud Rate: Default: 9600

The console may be connected via the “COMM” port on the back of the enclosure to a external monitoring device that can be used to track a user’s progress. The baud rate determines the speed of data transfer between the console and the device. There are six different speed options to select from: 4800, 9600, 19200, 38400, 57600 and 115200.

Utilization (Miles): Default: 0.0

This tracks the amount of distance (in miles) that the machine has been in use.

Maximum Workout Time: Default: 99.00

Allows the workout time length to be set to a pre-determined limit.

NOTE: The workout time limit does not affect the “Quick Start” program.

Forward Max Speed: AC5000/AC5000M Default: 12.0/DC1000 Default: 10.0

Allows the forward maximum speed to be set to a pre-determined limit.

NOTE: Affects all programs.

Reverse Max Speed (AC5000M only): Default: 4.0

Allows the reverse maximum speed on a AC5M machine to be set to a pre-determined limit.

NOTE: Affects only the “Reverse” program.

Speed Control: Default: Continuous

Allows the sensitivity of the speed keys to be either:

1. Continuous - Speed increases as long as the key is pressed.
2. Incremental - Speed only increases with each press of the key.

HEART RATE TRANSMITTER STRAP

Heart Rate Transmitter Strap

The optional wireless chest heart rate transmitter strap accessory is a useful device if you desire continuous feedback on your current heart rate during a workout.

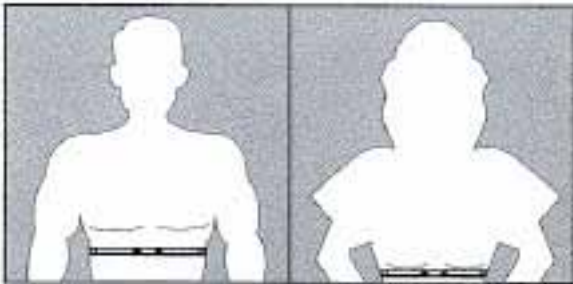
ATTENTION

The wireless chest heart rate strap is required when selecting the Heart Rate, Heart Fit or Heart Fit training programs.

The wireless strap **will not work** when worn over clothing. **Skin contact is necessary.**

Activating The Transmitter

Apply a small amount of moisture to the transmitter electrodes which will make contact with your skin, then secure the strap comfortably around the chest as shown in the diagram below. Proper activation is achieved when the console receives a signal from the transmitter and the “Heart” symbol on the screen begins to pulse.



Deactivating Transmitter

Remove the strap from your chest, then dry off the transmitter electrodes and place the strap in a location where it may not be damaged

CAUTION

Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.

WARNING

Heart Rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately. Over exercising may result in serious injury or death.

Calculating Target Heart Rate Zone

Your approximate Maximum Heart Rate (MHR) is equal to 220 minus your age. The upper limit of your target zone is equal to 0.85 times your MHR. The lower limit of your target zone is equal to 0.60 times your MHR.

For Example:

Your age is 40:

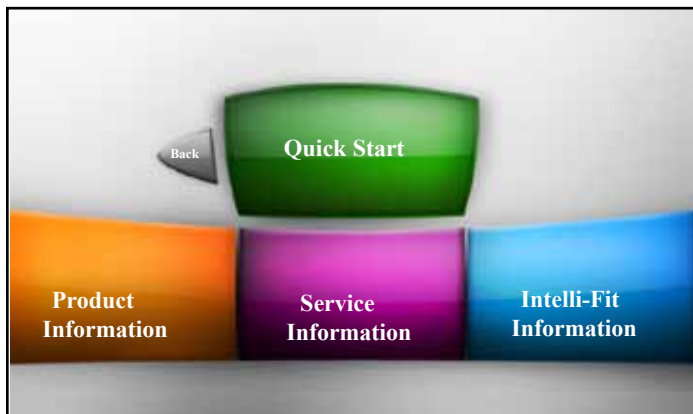
$$220 - 40 = 180$$

$$180 \times .85 = 153 \text{ (Target zone upper limit)}$$

$$180 \times .60 = 108 \text{ (Target zone lower limit)}$$

These values are based upon averages, always consult your physician to establish the proper heart rate zone for your individual health condition.

INFORMATION SCREENS



The console also provides information screens for the user when additional program, product and service information is required. Touch the “More” key on the screen until the screen to the left is shown. Just touch the icon you wish to access and the following screens will be displayed.

Product Information:

1. Domestic website and service contact numbers.
2. International website and service contact numbers.
3. Scan code that takes you directly to the SCIFIT website.
4. Touch the ‘Safety Advice’ icon to display additional recommended safety information.



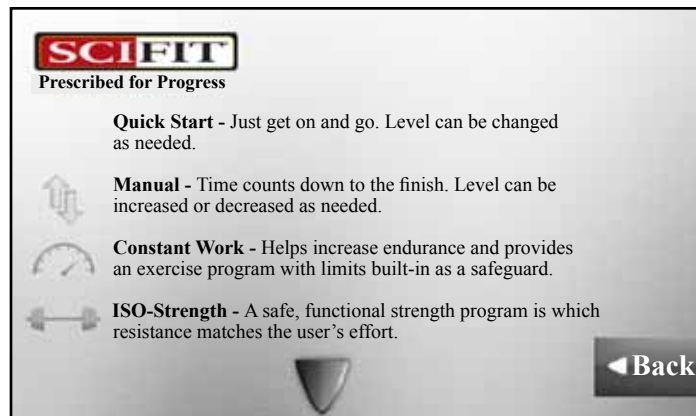
Service Information:

1. Domestic website.
2. Domestic service contact email and phone numbers.
3. Current console firmware installed.

Intelli-Fit™ Information:

1. A summary description of the different console programs the user may select.

NOTE: Availability of programs shown on the console screen are dependent on the machine being used.



MAINTENANCE & SERVICE

Maintenance

The touchscreen console is virtually maintenance free. After training wipe any perspiration that may have settled on the front enclosure and keypad on the console. Damage may result from lack of maintenance and is not covered under warranty.

If the console becomes defective and requires replacement, the equipment should be put out of service until repaired



CAUTION

Always follow manufacturers instructions for proper care and use. Failure to follow manufacturers instructions may result in injury to yourself.

Console Maintenance Schedule

Any electrical work conducted within the main body of a medical CE class IIa unit MUST BE RECALIBRATED. The generic maintenance schedule below should be applied to medical CE and non-medical CE products

COMPONENT	USE	WHEN	BY WHOM
Console	Damp Cloth	Daily	Facility Maintenance
LCD Display	LCD Cleaning Cloth	Weekly	Facility Maintenance

UNITED STATES CUSTOMER SERVICE

For assistance in the service of SCIFIT products;

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The Product Support department is available by means of email. A voice mail service is available 24 hours a day for recording messages to request technical support and to order replacement parts. Our mailing address is:

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